

Breakfast	Monday	Tuesday	Wednesday	Thursday	Friday
Milk (½ cup)					
Juice or Fruit or Vegetable (¼ cup)					
Grains/Breads* Bread (½ slice) or Cold Cereal (¼ cup) or Hot Cereal (¼ cup)					
Other foods (Do Not Count)					
Lunch					
Milk (½ cup)					
Meat/Meat Alternate Meat, Poultry or Fish (1 oz.) or Cheese (1 oz.) or Egg (½ large) or Peanut Butter (2 Tbsp.) or Cooked Dried Beans and Peas (¼ cup) or Yogurt (½ cup)					
Grains/Breads* Bread (½ slice) or Pasta and Grains (¼ cup)					
Fruits and/or Vegetables (two or more servings for ¼ cup total)	1.	1.	1.	1.	1.
	2.	2.	2.	2.	2.
Other foods (Do Not Count)					
Snack (AM or PM) Select 2 of the 4 components					
1. Milk (½ cup)					
2. Meat or Meat Alternate Meat, Poultry or Fish (½ oz.) or Cheese (½ oz.) or Egg (½ large) or Peanut Butter (1 Tbsp.) or Cooked Dried Beans and Peas (⅛ cup) or Yogurt (¼ cup)					
3. Juice or Fruit or Vegetable (½ cup)					
4. Grains/Breads * Bread (½ slice) or Cereal (¼ cup) or Enriched Pasta and Grains (¼ cup)					
Other foods (Do Not Count)					

Note: The quantities of food specified are the minimum serving sizes for children ages 1-2. Quantities must be adjusted for other ages.

*See "Serving Sizes for Grains/Breads in the CACFP" for specific serving sizes.